



# **HEALTHIER** | *Richmond*

## Richmond City Health District Newsletter

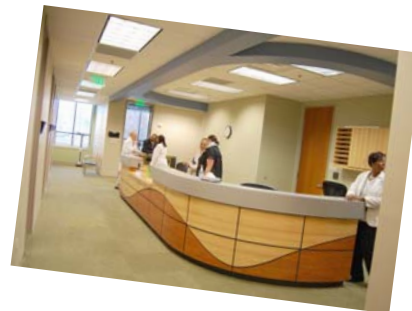
WORKING TOGETHER FOR A HEALTHIER RICHMOND

### Richmond Health District Celebrates Opening of it's New Public Health Facility



Governor Timothy M. Kaine joined (left to right) the Secretary of Human Services Marilyn Tavener, Richmond Health Director Dr. Donald Stern, City of Richmond Chief of Staff Suzette Denslow, and Virginia Commissioner of Health Dr. Karen Remley along with Richmond Health District employees and the Virginia Department of General Services on November 10th to dedicate the Richmond Health District's public health office building and new clinical services facility at it's new 400 E. Cary Street location.

Earlier this year, the health department administrative offices and public health programs moved to 400 E. Cary Street, but the public health clinic remained at the City Public Safety building while extensive renovation of an entire floor of the Cary St. office building took place to build-out a completely new clinical services facility for Richmond Health District clinical operations. The new public health clinic officially opened for business on October 13 at the new location. Although the clinic can be accessed at the 400 E. Cary Street address entrance, the main front entrance to the clinic faces 401 E. Main Street.



The move of the Richmond Health District clinic from it's previous address at 500 N. Tenth Street to the new location provides larger contemporary clinic spaces for treatment of patients and enhancement of

services. The approximately 49,000 square foot public health building located at the corner of Fourth and Main Streets has parking for customers and is near bus lines. The new phone number to call for clinical service information is **482-5500**.



### Public Health at it's Best!

Richmonders now have the best public health clinic in the State. The newly remodeled space within the Richmond City Health District headquarters is state-of-the-art, and will allow our public health clinicians and physicians to give the best of care to the patients and customers who visit us for services.

Clinical Services are available for uninsured and under-insured residents as well as the general public. Public Health Services at the clinic include: *Immunization Services, Family Planning Services, Reproductive Health Services, Sexually Transmitted Infection testing, treatment, prevention and education, Tuberculosis Clinic, and WIC Clinic.* Call 482-5500 for clinic schedule and information.

### H1N1 Vaccination Clinic for pregnant women and priority group persons:

The Richmond Health District is currently offering H1N1 vaccination by appointment Monday-Friday for persons who are among the CDC recommended priority groups: pregnant women, persons with chronic medical conditions, healthcare providers, children & young adults to age 24, and caregivers of children who are less than 6-months old. Call 482-5506 for appointments.

[www.vdh.virginia.gov](http://www.vdh.virginia.gov)

**Donald R. Stern, MD, MPH**

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Healthier Richmond newsletter is produced by the Richmond City Health District. Comments may be directed to 205-3735. Newsletter editor: George Jones

## FAIRFIELD RESOURCE CENTER OPENS

Richmond Health District, Richmond Redevelopment & Housing Authority officials, staff-members and Fairfield Court residents all joined together on November 2nd to celebrate the opening of the Fairfield Resource Center at 2511 N. 25th Street.

The Center which is funded through a U. S. Department of Health and Humans Services grant will offer a variety of health services to Fairfield residents right in their own community.

Fairfield resident Delores Robinson worked diligently with health department and RRHA personnel to help ensure services were provided to meet the needs of the community. For appointments and information, call 382-4353



*Dr. Danny Avula, RRHA CEO Anthony Scott, and Health Director Donald Stern with Delores Robinson inside the Health Center exam room.*

## USDA gives advice for safely preparing your Holiday meal



Choosing a turkey for Thanksgiving dinner is serious business. Whether a turkey is sold at a grocery store or ordered by internet or catalogue, check for the USDA or State mark of inspection which ensures that the turkey has been inspected for safety.

When deciding what size turkey to purchase, allow approximately one pound per person. If you purchase a frozen turkey, it's important to safely thaw it in the refrigerator or in cold water.

No matter what size turkey you purchase or what dish you prepare, it's important to heed USDA recommendations for food safety: "Clean, Separate, Cook and Chill" to prevent foodborne illness,

**Clean:** Always wash hands with soap and water for 20 seconds before and after handling food. Wash cutting boards, utensils, preparation surfaces and anything else that come in contact with raw turkey and its juices with soap and water.

**Separate:** Use different cutting boards for raw meat or poultry and other foods that will not be cooked such as vegetables. Be sure to keep raw turkey separate from the other dishes.

**Cook:** Use a food thermometer. Every part of the turkey and the center of the stuffing should reach a safe minimum internal temperature of 165 degrees Fahrenheit.

**Chill:** Keep the fridge at 40 degrees or below to keep bacteria from growing. Perishable foods should not be left sitting out at room temperature longer than two hours. Discard food which has been left at room temperature longer than two hours. For additional information on safely preparing your turkey for your holiday meal, you can visit [www.fsos.usda.gov/Fact\\_Sheets/Lets\\_Talk\\_Turkey/index.asp](http://www.fsos.usda.gov/Fact_Sheets/Lets_Talk_Turkey/index.asp).



H1N1 VACCINE

IT'S SAFE. IT WORKS.

The H1N1 virus (swine flu) continues to be prevalent throughout the United States and is a health risk to residents of the Greater Richmond community. The Richmond Health District is following guidelines of the Centers for Disease Control (CDC) and Virginia Department of Health (VDH) for public education and vaccination efforts aimed at protecting the public and preventing the spread of H1N1 infection.

H1N1 vaccine is being provided first to persons who are among designated high-risk groups. This includes: pregnant women, children and young adults to age 24, persons age 25-64 with chronic medical conditions or weakened immune system, caregivers of infants younger than 6-months, and healthcare & emergency medical personnel.

**School Vaccination Campaign** - Health departments around the state of Virginia are conducting school-based H1N1 vaccination campaigns to provide protection to this vulnerable priority group.

The RCHD is working with Richmond Public Schools, private schools, daycares, and colleges to facilitate vaccination for these students. Vaccination began with elementary schools because children under age 10 will require a second dose of vaccine spaced 4-weeks apart. Permission forms signed by a parent or legal guardian are needed for all students under age 18. Parents are advised to contact their school officials about vaccination. Information and permission forms can also be found on the RCHD website. [www.vdh.virginia.gov/lhd/richmondcity](http://www.vdh.virginia.gov/lhd/richmondcity)



World AIDS Day is observed every year on December 1st. The World Health Organization established World AIDS Day in 1988. World AIDS Day provides governments, national AIDS programs, faith organizations, community

organizations, and individuals with an opportunity to raise awareness and focus attention on the global AIDS epidemic.

Combating high rates of sexually transmitted disease in the City of Richmond is a priority for the Richmond Health District STI Program staff. They work with partner agencies to lower rates through prevention, treatment and educational efforts. HIV rates in the city continue to rise and co-infection of syphilis and HIV is a primary concern. Richmond residents are encouraged to join in the fight to stop the spread of HIV and other sexually transmitted disease. Contact our public health programs (STI, Male Responsibility, Adolescent Health) to learn more, call 205-3500.

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